

Dominant Shadow Type Quiz Results

Dominant Shadow Archetype

Victim



Created By :
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"Until you make the unconscious, conscious, it will direct your life and you will call it destiny."

SHADOW MASTERY

with *Alpa*
INNER TRANSFORMATIONAL COACH
SHADOW MASTERY EXPERT - CEO - IGNITE THE SPARK
KAPADIA TELI



Hi I'm Alpa and I am so excited you took the Shadow Mastery Quiz,

You know Shadow Mastery changed my life. I've done more courses than you can count, more books than you can imagine and watched more video content than I care to admit and if there is anything that has given consistent results that border on magic, it is Shadow Mastery.

But when I tell people "Shadow Mastery" - they look at me confused, intrigued, but confused!

After running 7 groups of shadow mastery through this wonderful modality, I finally got down to create this quiz, to make this whole concept a little less mystical and a little more real and accessible for you.

So lets see....

What are shadows?

Shadows are like the black clouds covering your life's canvas, the more you remove the black shadows, the more the white canvas becomes available for you to fill with colour as creatively as you wish.



When you are in shadows, your creativity is compromised greatly.

Shadows are those thoughts, beliefs, patterns and illusions that you have that keep you small and safe and in your comfort zone, risk-averse and fearful. It is probably those aspects of your personality, which you don't feel safe expressing, because they were not acceptable to your family, friends, and most importantly to you.

Because shadows are like a black box, we can't really identify them and see them. It is when we get triggered or have a negative reaction towards something or someone that this shadow gets a chance to surface. It's the universes way of being kind to you - that it shows you where the shadows are hidden, so that you have a chance to address them.

But hey it's such a bother

Why should you bother with Shadow Mastery?

Our shadows hold our most treasured gifts. By facing these aspects of ourselves, we become free to come into our most authentic self-expression. With so much of our energy cleared up from

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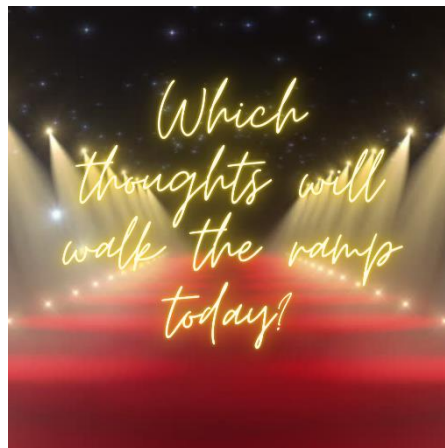


pretending to be someone else and wearing masks, we can finally use all our energy into creating our own dream life.

Only when you come from a space of complete radical self-acceptance, can you make choices that are aligned to your life purpose. As long as we keep hiding, masquerading and projecting what is inside of us, we have no freedom to choose.

“What you don’t own, owns you!”

We get 22000 random thoughts in a day. All these thoughts are waiting in the side lines dressed and waiting for your attention. Based on who you look at - they get a chance to walk the ramp (the mainstream of your mind). If you choose shadow-based thoughts, which are based on fear, resentment, anger, guilt and shame they are the ones that rule your life. If you choose the ones based on courage, joy, love, trust and faith, these will get centre stage. Because you have so many fear-based thoughts, you give them more of your attention.



Shadow Mastery is the art of looking at these thoughts and just clearing out the shadow-based thoughts from the side lines itself - so that they don’t keep getting an opportunity to get facetime with you. Wow - wouldn’t that be nice?

This could save you up to 5- 8 hours a day of your time.

Can you imagine what you could do with an additional 5-8 hours?

- Would you use them to fulfil those dreams that are probably gathering dust ?
- Take better care of your health?
- Travel more?
- Spend more quality time with your loved ones ?
- Meet your friends?
- Do something special for your parents?
- Join a hobby class?
- Start a side hustle?

Your result

Dominant Shadow

Victim Archetype

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Dominant Shadow – Victim Archetype

Other names for this archetype are Bully, Saviour, Rescuer, Martyr, Coward, Meena Kumari

This channel is responsible for will-power and boundaries. Victim is most common; we all have it.

If your Victim Archetype is running your life, it means you are sub-consciously choosing to play the role of a victim to a circumstance, person, place or situation.

There always seems to be some very plausible reason/excuse why you cannot do what you really wish to do. It may feel that this is a repeating pattern, but actually it is just that you are causing these patterns to repeat so that you don't have to face what you need to face.

Your internal thoughts say - Why me? Why do I have to do all this alone? Poor me! I have so many responsibilities, and life is not fair. These are good indicators that the victim archetype has got power over you.

When you choose to play the role of a victim, you need someone to play the role of a villain or bully. So you will choose different people over the course of your life to play this role.

If you are struggling in relationships, it is because you are not setting good boundaries. You are either being a bully or bullying others. You may feel overwhelmed or taken advantage of often or fear being taken advantage of. You probably hate being a burden or inconveniencing others. Feel overwhelmed and exhausted often.

The other way the Victim archetype shows up is you feeling unsupported in your life. If you feel alone and feel a bit like Atlas, and you feel you have the burden of the world on your shoulders, this is the victim archetype at play.

This is a killer shadow and is the biggest cause of exhaustion in adults.

Journal Prompt for you :

1. Take inventory of where in your life you've given power to the energy of "I can't," "I'm under someone else's control," "I'm the victim of some external circumstance I have no control over, so I can't have or act in the way that I value."

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When you transmute the victim energy - you step into the Corresponding Light Archetype - the Warrior - the Ultimate - Action taker. You ignite in yourself the spirit of the warrior - who is ready to do it all and risk it all for the purpose of their dreams. You will be ready to do whatever it takes. The spirit of its not the end till it's the end makes you resilient and indestructible. When your warrior archetype is active, you understand the importance of boundaries and self-care and are comfortable asking for support and giving it without feeling overwhelmed.

Would you like to learn how to Alchemise your Shadows and Step into Light ?

This work has been so life changing for me, I am inspired to share it with more people who are willing and ready and courageous enough to do the deep work. The fact that you chose to do this quiz and are reading the results, tells me you are ready to take this a step further.

I have created an 8-week Program - called Shadow Mastery. This is a program in which I deep dive into the world of shadows with you - demystify it and teach you how to turn them around on their heads to free up their locked energy and make it available for you for the fulfilment of your dreams.

It has changed lives of people around the world. It is lesser spoken about in India and I don't know of anyone else, other than me, who does this work in India.

So If this intrigues you and you are someone who is ready to take the action to master these impostors and step into your most powerful self, let's talk.

You can see the program details here :

<https://shadowmastery.ignitethespark.in/>

You can book a call with me here for group and one on one programs.

<https://calendly.com/alpaignitespark/discovery-call>

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The Shadow is the greatest teacher for how to come to light

~ Ram Dass

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